

## Preventive Care Saves Lives and Lowers Costs

### Colon Cancer

Colon cancer kills more Kentuckians than every of type of cancer except lung cancer. Kentucky's incidence rate and mortality rate far exceed the national average. Fortunately, colon cancer is one of the most preventable forms of cancer. When detected early, 90 percent of people diagnosed will survive at least 5 years. The survival rate for late-stage colon cancer is significantly lower. Medicaid expansion is providing a way for Kentuckians to receive both screenings and ongoing treatment. **More than 17,000 Kentuckians received colorectal cancer screenings this year thanks to Medicaid expansion.**

### Breast Cancer

Breast cancer is the most commonly diagnosed form of cancer among women, and it is the second-leading cause of death among women. Routine mammograms have been shown to reduce the number of deaths from breast cancer by as much as 28 percent. Mammograms are recommended as a preventive service and are available with no cost-sharing to all insured individuals as part of the Affordable Care Act. **Through Medicaid expansion, nearly 26,000 women of all ages received screenings in 2014.**

### Cervical Cancer

More than 33,000 Medicaid expansion enrollees had cervical cancer screenings in 2014. This is critically important because most cervical cancer occurs in women who have not been screened. Studies show that regular screening dramatically reduces cervical cancer rates, in some instances up to a 90 percent reduction within 3 years of starting a regular screening program in a population that had not previously been screened – such as Kentucky's uninsured women.

### Diabetes

Since Medicaid expansion, 45,825 people have gotten a hemoglobin A1c test to screen for diabetes or prediabetes through Medicaid expansion. This is especially important because in its early stages, diabetes has no symptoms, so people can do lasting harm to their bodies unknowingly. But because these people have access to coverage, they have been able to access this vital preventive service, allowing them to get their health under control before it's too late. This will help thousands of people avoid heart attacks and other cardiovascular events in the future.

### Heart Disease

The lifetime risk of a heart disease event is nearly 1 in 2 for men, and 1 in 3 for women. Nearly a third of those are attributable to high cholesterol levels. Since expansion, more than 90,000 individuals have had cholesterol checked, which is a critical first step in getting the help they need to get their cholesterol under control, and to prevent thousands of heart attacks and other coronary events. The Cabinet for Health and Family Services closely monitors and evaluates the state's Managed Care Organizations on how well they get their members in for these types of tests.

### **Substance Abuse**

Medicaid provided no coverage of substance abuse treatment prior to the Affordable Care Act. Because of the Governor's decision to both drastically expand coverage for substance abuse treatment and extend that treatment to adults through Medicaid expansion, more than 13,000 Kentuckians are receiving treatment for substance use, including drug screening, assessment, medication-assisted therapy, outpatient therapy, and case management.

### **Preventive Dental**

Kentucky ranks 41st in annual dental visits, and 16 percent of Kentucky adults over 65 have had all of their natural teeth extracted. Medicaid expansion made dental care a possibility for more than 80,000 Kentuckians who had preventive dental visits in 2014.

Preventive dental care is a linchpin in maintaining good oral health – which ties closely to a person's overall health. The people getting regular, routine dental care will help avoid costly dental emergencies down the road, and help these individuals maintain better overall health.